

# HORARIO DE CLASES

## LUN

7:30 AM - 8:30 AM  
TRAINING BIKE  
ORIÓN PEREIRA

5:30 PM - 6:30 PM  
CIRCUITO FUNCIONAL  
ARMANDO ARIZALETA

6:30 PM - 7:30 PM  
TRAINING BIKE  
DAVIANA RAMÍREZ

## JUE

7:30 AM - 8:30 AM  
YOGA  
JOHNATTAN RAMÍREZ

6:00 PM - 7:00 PM  
TRAINING BIKE  
ALEJANDRO DÍAZ

## MAR

7:30 AM - 8:30 AM  
FLEXIBILIDAD  
JOALY PADILLA

5:30 PM - 6:30 PM  
YOGA  
JOHNATTAN RAMÍREZ

6:30 PM - 7:30 PM  
SPINNING  
ELEAZAR GUZMÁN

## VIE

7:30 AM - 8:30 AM  
TRAINING BIKE  
ALEJANDRO DÍAZ

## MIER

7:30 AM - 8:30 AM  
TRAINING BIKE  
ALEJANDRO DÍAZ

5:30 PM - 6:30 PM  
CIRCUITO FUNCIONAL  
ARMANDO ARIZALETA

6:30 PM - 7:30 PM  
TRAINING BIKE  
ORIÓN PEREIRA

## SAB

DOM Y FERIADOS

11:00 AM - 12:00 PM  
CICLISMO DE SALÓN  
ROTATIVOS

12:00 PM - 1:00 PM  
FLEXIBILIDAD  
JOALY PADILLA